



FIREFIT - PHASE II

DAY 1 OF FIRE CADET ACADEMY

Austin Fire Department Academy Physical Training Expectations

To ensure a candidate is physically prepared to enter the academy they should be able to meet the following physical expectations at the beginning of the academy. The minimum expectations are based on the median scores from incumbent firefighters. The competitive expectations are based on the top 25% of previous cadet class scores.

The following exercises will be assessed and evaluated no less than three times during cadet academy:

1.5 Mile Run: **Minimum: Under 12-minutes** **Competitive: Under 10:40**

Completing 1.5 miles in less than 12 minutes (8:00/mile pace) demonstrates that the candidate has the minimum necessary aerobic conditioning to complete the PT sessions without compromising their ability to safely perform skills work.

Metronome Pushups: **Minimum: 36 push-ups at 80 beats/minute onto 5 inch tall prop**
Competitive: 43 push-ups at 80 beats/minute onto 5 inch tall prop

Performing at least 35 push-ups at 80 BPM indicates an acceptable level of muscular endurance, core strength, and is on par with the average number of push-ups performed by members of AFD in the annual wellness assessments. At each beep of the metronome, a candidate must be either at the bottom or top of the pushup position. The chest must touch the 5 inch prop in the bottom position.

Inverted Rows: **Minimum: 30 inverted rows at 80 beats/minute up to a 5 inch prop**
Competitive: 40 inverted rows at 80 beats/minute up to a 5 inch prop

Inverted rows measure upper body pulling strength/endurance as well as core strength. Finding the proper inverted row setup to prepare may prove to be challenging. A more accessible option is pull-ups. Improving the number of pull-ups you can perform is an effective strategy to increase the inverted row.

Side Plank: **Minimum: 1:13/side** **Competitive: 1:20/side**

The ability to perform a side plank shows that the candidate has the necessary core strength to safely and effectively carry out the movements that comprise the PT program. This is also on par with the average plank time held by members of AFD in the annual wellness assessments.

The following exercises will be taught and developed throughout cadet academy:

Tower Stair Climb **Minimum: 18-story stair climb with 35lb additional weight (vest, dumbbells, etc.)**
Competitive: 27-story stair climb with 35lb additional weight (vest, dumbbells, etc.)

In both PT and skills work, candidates will be required to walk up the 9-story training tower multiple times without a break, often while carrying a 35lb-45lb hose bundle. It is imperative that the candidate is prepared for this type of strenuous physical activity.

Familiarity with variations of the squat, deadlift, overhead press, and bent-over row

Strength training is a large component of the cadet PT program. Proficiency in these movements is helpful but not necessary prior to the start of the academy.

Additional Information may be found at <https://www.austintexas.gov/department/cadet-hiring-preparation>.